

# Pacifica Tidings



**HERITAGE HILLS**

*A Pacifica Senior Living Community*

Independent Living • Memory Care

**January 2019**



## *A Note from the Executive Director*

As we all try to recover from the busy holiday season, crazy weather, making new year's resolutions, and breaking new year's resolutions, we would like to take a moment and say goodbye to 2018. We also were fortunate enough to say goodbye to the construction pods.

The last year has been very transitional at Heritage Hills. There are many new employees and residents here to welcome in the new year. Many procedures have changed slightly but the essence of Heritage Hills has remained the same.

In 2019, we will strive to have the best year that we have ever had in our community. To accomplish this, we will need more help than ever, so we encourage all of the residents, families and friends to be as active as possible. Please attend the food committee meetings, calendar planning meetings, resident association meetings or come to the office with your ideas. Join a committee, the gardening club, or another activity group. Your involvement and ideas will only make us better.

Thank you,

**Michael H. Ring** | Executive Director  
**Pacifica Senior Living at Heritage Hills**  
3200 Heritage Circle | Hendersonville, NC | 28791  
Office: 828-693-8292 Cell: 828-384-8550

## *Who am I?*



## *Welcome to Our Community*

Staff  
Julie Morrow -MT  
Donna Cramer -MT

# November Birthday

## *Birthdays*

### Residents

Nick Nicolino 1/18



**Charles McClure 11/16**

**Jo Keever 11/8**



## *A Note from the Activities Director*

Happy New Year to everyone!! Welcome 2019!! May your New Year be Blessed with Love, Peace and Joy. Sending you my Heartfelt wishes with joy that never ends. Wishing you all a very Happy New year!! Thank you all we appreciate you. Beginning a New Year with making some new resolutions. I am super excited about the upcoming events and activities for your loved ones and want you to know what we are doing. We will be having our Family Night next month February 12th 5:00-7:00pm. Our Theme will be 'Our Hearts are join together' I hope you all can make it! We will have entertainment and dinner.

Love & Prayers  
~Sandra Pitt



## **UPCOMING EVENTS:**

B/P Clinic w/ Encompass Health Care 1/8 @ 11:00  
Pizza Party 1/10 @ 2:30  
Scenic Drive 1/14 @ 3:00  
Health Talk w/ Encompass Health Care 1/15 @ 1:00  
Lunch Outing 1/ 16 @ 11:00  
Resident Council 1/25 @11:00  
Monthly Birthday Party 1/125 @ 2:30 Entertainment w/Robin Graf  
Scenic Drive 1/28 @ 3:00

### **SPECIAL DATES**

**\*\*We have an arrangement with Marji, the cosmetologist in the Administration Building for hair needs. She will be available on Thursday afternoons and some Fridays. We can provide transportation. Her fee for haircut is \$15 (please plan to pay her with a check or cash)\*\***

Mountain podiatry is coming at 8 am on 1/4/18  
Welcome Life Source in January to help us with managing behaviors and any needed medications



# Christmas Shopping *Memorable Moments* Lunch at Wendys



## Tree Decorating





# Christmas Party *Activities & Special Events* with Santa



## Health & Fitness by

We offer at least two physical activity programs a day one in the morning and one in the afternoon.

### Everyday

Morning Exercise at 10am  
Some other form of exercise( Ex: Beach ball toss, Noodle Ball, Balloon Toss, Balloon Volleyball, Fun Dance etc.) at 3pm

### Tuesdays

Pound Fit with King Goslin at 3:00pm twice a month

### Wednesdays

Walking Club at 3pm outdoors \*\*weather permitting\*\*

Here is a little resolution that I can have Less and More .. Sandra Pitt

Less	More
Junk Food	Real Food
Sitting	Walking
Late Nights	Rest
TV Watching	Reading
Frowning	Smiling
Talking	Listening
Complaining	Encouraging
Negativity	Gratitude
Arguing	Understanding
Worrying	Praying
Taking	Giving

## Birthdays

### Staff

Penelope Becker 1/13  
Chad Stevens 1/21  
Darryann Phillip 1/21  
Martha Sheppard 1/26  
Francis Schinestuhl 1/30



## Spiritual Activities

- First Sunday of each month Speak Life Comm. Church at 6:45pm
- Gaither video/hymn singings Sunday evenings
- Monday Mornings hymn singing at 11am
- Salvation Army fourth Tuesday of the month
- Tuesday Evenings Duane holds a service at 6:30pm
- Catholic Mass four times per year. Next Catholic Mass:

## Who Am I?

(answer)

Margaret (Midge) Dieter

I was born in Garwood, NJ. I have four brothers and one sister. My brother bob and I were the closest in age. He lives in Rhode Island. I started playing the piano around the age of seven and loved playing it all my life. I also played the organ in my church. I think my brothers gave me the name "midge". My job in the family was to deliver eggs from a basket and from work. I worked in NY city in a bank before I met my husband Ed Dieter. We met on a train going to and from work. We lived in California, Illinois, and retired in Florida. We did a lot of boating as it was Ed's hobby. I loved to play golf, bowl, gardening, cook and bake. We loved to entertain friends and volunteer in organizations in the community. We loved visiting relatives, and have enjoyed our nieces and nephews. Church and Prayer has been very important part of my life. It has been a good life and God has given me many blessings.

## *Management Team*

**Michael Ring**

Executive Director

**Katie Mantz**

Business Office Manager

**Sally Mc Cue**

Sales Director

**Pamela Fish**

Resident Care Director

**Sandra Pitt**

Activities Director-Memory  
Care

**Marcus Lanning**

Maintenance Director

**Chad Stevens**

Food Service Director



*Pacifica Senior Living is committed to  
supporting our communities,  
residents, and the families we serve.*

*We strive to create a lifestyle of  
independence, security, and peace of mind.*

*It is through our dedicated and caring  
team members that our culture is  
exemplified in service, accountability,  
teamwork and compassion.*

*The right choice. The right time.  
Welcome Home!*



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*Welcome Home!*